

Healthy Habits

VOLUME 1, ISSUE 4

Crunch of the Month

Vertical Leg Crunch

The vertical leg crunch is another effective move for the rectus abdominis and the obliques. To do it right:

1. Lie face-up on the floor and extend the legs straight up with knees crossed.
2. Contract the abs to lift the shoulder blades off the floor, as though reaching your chest towards your feet.
3. Keep the legs in a fixed position and imagine bringing your belly button towards your spine at the top of the movement.
4. Lower and repeat for 12-16 reps.

-About.com:Exercise



Nutrition Notes

What Not to Eat

Our previous articles have taught us that we should be consuming six small clean meals through out the day consisting of protein and complex carbohydrates, polysaturated or monosaturated fat eliminating simple sugars, saturated and trans fats. So what exactly are we talking about...

Simple sugars can be found in foods that not many would expect, like deli meat, canned vegetables and soups as well as candy, cakes and processed food. In the past twenty years, adult sugar consumption has sky rocketed by more than thirty percent.

Saturated fats can be found in animal sources and are solid at room temperature. For example, cheese, butter, and lard; potentially causing a variety of chronic diseases. Trans fats are found in most processed foods to allow a longer shelf life and should be avoided all together.

If you're not ready to give up all the simple sugars, saturated and trans fats you can start by getting rid of the ten worst foods. The first being

donuts. The simplest donut contains 490 calories and 30 grams of fat without icing. The second worst food (if you can call it that) is marshmallow fluff made of corn syrup and gelatin and has absolutely no nutritional value. We are all too familiar with the third item, carbonated soda. Soda is filled with refined sugar and preservatives, including diet soda. The fourth culprit causing many diseases is bacon, deli meats and processed meats. These items are high in animal fat, nitrates, sugar, sodium and preservatives increasing the risk of heart disease. Many of us start our day with the fifth item on the list, sugar loaded cereals. Many breakfast cereals are drowning in sugar and may even have trans fats. You may not want to hear our number six item, sad but true fruit juices and artificial fruit drinks are loaded with simple sugar. An orange has a perfect serving and also provides fiber but an entire glass is too much sugar for the body at one time. Artificial fruit drinks are loaded with sugar, chemical sweetener and food coloring. Junk food like potato chips, buttered popcorn and

deep fried snacks take the number seven spot. They are filled with empty calories, sodium, saturated and trans fats. Kids and adults alike enjoy eating candy but as our number eight, these foods should be avoided. Containing no nutritional value candy is loaded with calories, sugar and artificial food coloring. Many of us would love to have a side of fries with our burger but when asked "would you like a side of fries with that?," just say NO! Our number nine worst food item is French fries which are soaked in hydrogenated oil that has been reheated and reused several times leaving you with saturated fat, trans fat and free radicals. Lastly, Twinkies take the number ten spot. Doused with chemicals this food has a hard time decomposing in nature...so what happens when we eat it?

If you're not ready to take all simple sugars, saturated fat and trans fats out of your diet, try starting with the ten listed above for a healthier you!

-Reno, Tosca. The Eat-Clean Diet. Robert Kennedy Publishing, 2007.



The Recreation Center - Lake Jackson

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Lake Jackson, TX 77566

(979) 297-4533



Food for Fitness

Protein Shake



Ingredients:

- 1 medium banana
- 1 cup of fat free milk
- 1 scoop of whey or casein protein (your choice of flavor)
- Cubed ice
- Optional: try adding blueberries, strawberries, raspberries, blackberries, pineapple, etc.

Directions:

1. Pour milk into blender.
2. Add one scoop of protein of your choice after milk is poured to prevent it from sticking to the bottom.
3. Halve the banana and add on top of protein.
4. Add cubed ice within two inches of the top of the blender.
5. Blend contents and enjoy!

Working on Wellness

Understanding the Mind-Body-Spirit Connection

Several studies have been done suggesting there is a strong connection between mind, body and spirit. Individuals may have the opportunity to achieve their long-term fitness goals if we all can get a grasp of this connection.

Many individuals are able to make short term goals to lose weight, but few have the ability to manage their weight over long periods of time. Individuals who have a history of sabotaging their goals typically will not be able to lose weight by self motivation. Dr. Beck of the Beck Institute for Cognitive Therapy and Research in Bala Cynwyd, Pennsylvania has helped individuals identify and respond to dysfunctional thoughts that may be preventing them from attaining or maintaining their fitness goals for long term results.

Most individuals begin to exercise due to external reinforcements, such as, penalty, compensation and social reinforcement. However, extrinsic reinforcements is not

enough for individual to stay the course over long periods of time. It has been suggested that people will continue to exercise for long periods of time when they have internalized their motivation to maintain their fitness as part of their identity. For example, individuals may identify themselves as a person who now enjoys working out, walks everyday or eats well on a regular basis. A group of 554 insurance employees who were interested in losing weight were used to support this theory. One group, the experiment, was given instruction to eat a low fat diet for the next month but were asked for formulate their own plans. The other group, the control, was given no instruction. Twenty-seven percent of the experimental group made progress towards weight loss where as the control group only progressed towards weight loss by thirteen percent. We can conclude that the experimental group had greater success because they took an active role in initiating their low fat diet.

It is also important to strengthen the spirit before trying to maintain a fitness program for a long period of time. Many individuals may be dealing with a variety of issues ranging from abuse, depression or great personal loss. It is important to take this into consideration and create new behavioral patterns supported by your friends, family, instructors and physician. Professional counseling is also recommended to maintain a healthy spirit. Researchers at The American Heart Association have reported that a combination of exercise and psychological therapy can help reduce depression symptoms by fifty percent and enhance quality of life.

When considering taking on a new fitness challenge, try incorporating not only physical health but mental and emotional health as well for long term results.

www.afa.com

**The
Recreation
Center will
be closed on
April 4, 2010
for Easter
Sunday.**

All children
ages 6 and
under are
required to
have an
adult within
arms reach
anywhere in
the facility.
Children ages
6 and under
may not sit
in the
bleachers,
hallway or
aerobics
room while
parent is
participating
in class.

Weight-Loss Wonders

Since I moved to Lake Jackson seven years ago I have struggled to find my place here. I have tried many churches, mom's groups, bible studies and working out at various gyms. I've struggled not only to find my place but also with my weight. I've gone up and down and mainly just stayed heavy.

But last year my life changed, I realized I'm not getting any younger (37 at the time) due to a back injury and at the same time Vicki and Kelly introduced Zumba to all of us very blessed ladies. I was VERY unsure about it. I felt like a fish out of water but there was something different about it and about the atmosphere that they were providing. And that's what I wanted to share with all of you. They are around my age, mothers and were very humble about trying to start something new. I never felt intimidated by them; they were encouraging, positive and down to earth. And they were providing something new and exciting. Something I desperately needed. They have provided a safe and secure environment for women like me who feel out of place dancing like that.

And low and behold I've lost more weight than I had planned too or thought I ever could. It also gives me the hope that I can reach more goals. I had just about given up on ever being my



pre-pregnancy weight but I have done better. I went from a size 14 to a size 6, I HAVE NEVER WORN A SIZE 6! In less than a year I have lost over 40lbs. I feel amazing, have more energy and like going shopping for clothes now. It's actually fun. I feel with the help of Kelly, Vicki and the encouragement from all my new wonderful friends, I have found myself again. I believe that they have probably helped many other women feel good about themselves also. Just look at the turn out. When I look around the

room at all the different women it's obvious to me that they are providing more than just a workout. So thank you Vicki and Kelly and the Rec. center for supporting this new adventure. Thank you for providing a safe place for women to connect and support each other. I have met some of the most amazing women! I'm looking forwards to new adventures in Zumba this year.

My before was taken 4-11-09
My after was taken 3-10-10

* Tell us about your success story by emailing: mmainer@ci.lake-jackson.tx.us. Pictures are not required in your testimony.

Q & A: Is Exercise a Must?

Q: If I'm trying to lose weight, do I absolutely have to exercise?

A: Much of weight loss starts with a change in diet. If you are eating clean you have mastered the hardest part. So, yes you can lose weight if were not practicing clean eating prior and decide to forgo exercise. However, depending on how fast you want your weight loss goals to




be met, you may want to consider eating clean in conjunction

with exercising. Exercising along with a healthy diet is a recipe for quicker results. Exercise can also help boost your energy levels, enhance your strength and fitness and help to relieve stress. Exercising consistently with weights will tone and improve your physique leading to an overall healthier and fitter you.

Land Aerobics Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Zumba</u> 8:30-9:30 am Vicki	<u>Muscles & More</u> 8:30-9:30 am Jean	<u>Zumba</u> 8:30-9:30 am Vicki	<u>Muscles & More</u> 8:30-9:30 am Jean	<u>Zumba</u> 8:30-9:30 am Kelly
<u>Yoga</u> 9:35-10:30 am Kim	<u>Zumba Toning</u> 9:35-10:30 am Vicki	<u>Pilates</u> 9:35-10:30 am Kim	<u>Zumba Toning</u> 9:35-10:30 am Vicki	<u>Pilates</u> 9:35-10:30 am Kim
<u>Sports Conditioning</u> 10:35-11:30 am Jeanne 		<u>Muscles & More</u> 10:35-11:30 am Jeanne 		<u>Kickboxing</u> 10:35-11:30 am Jeanne 
<u>Sports Conditioning</u> 5:30-6:30 pm Sharon	<u>Cardio Combo</u> 5:30-6:30 pm Sharon	<u>Power Yoga</u> 5:30-6:30 pm Megan	<u>Kickboxing</u> 5:30-6:30 pm Holly	
<u>Muscles & More</u> 6:35-7:30 pm Jean	<u>Zumba</u> 6:35-7:30 pm Kelly	<u>Zumba</u> 6:35-7:30 pm Kelly	<u>Zumba</u> 6:35-7:30 pm Kelly	

Saturdays will be Instructors Choice @ 9:00 am

( These classes include Christian music.)

MUST BE 12 YEARS OF AGE OR OLDER TO ENTER AEROBICS ROOM AND/OR PARTICIPATE IN CLASSES. NO EXCEPTIONS.

Water Aerobics Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>Shallow Water</u> 8:00-9:00 am Jean	<u>Shallow Water</u> 8:00-9:00 am Jean	<u>Shallow Water</u> 8:00-9:00 am Jean	<u>Shallow Water</u> 8:00-9:00 am Linda M
<u>Shallow Water</u> 12:00-1:00 pm Dorothy	<u>Shallow Water</u> 12:00-1:00 pm Dorothy	<u>Shallow Water</u> 12:00-1:00 pm Dorothy	<u>Shallow Water</u> 12:00-1:00 pm Dorothy	<u>Shallow Water</u> 12:00-1:00 pm Dorothy
	<u>Deep Water</u> 5:00-6:00 pm Jean		<u>Deep Water</u> 5:00-6:00 pm Jean	
<u>Shallow Water</u> 5:30-6:30 pm Tammy	<u>Shallow Water</u> 5:30-6:30 pm Tammy	<u>Shallow Water</u> 5:30-6:30 pm Tammy	<u>Shallow Water</u> 5:30-6:30 pm Sue	



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